



Dear Students and Families,

As we prepare for our upcoming camps, I want to take a moment to address a topic that is a natural and normal part of life: periods. Our goal is for all students to feel confident, supported, and prepared to fully participate in every activity, regardless of whether they may have their period during camp.

### **Periods and Camp: What to Expect**

Camping in the outdoors offers new challenges and opportunities, and managing periods in this environment is no exception. With the right preparation and support, having your period on camp can be managed effectively and discreetly.

Our staff are trained to provide guidance and ensure that students who are menstruating have the privacy, supplies, and assistance they need. We've also included best practices for hygiene and waste disposal as part of our commitment to environmental responsibility.

### **Periods and Camp:**

No matter what program you are on, there will be specific guidelines and resources provided for periods on camp. Included in this document is a packing list for students and additional information on ways to manage a period whilst in the bush.

A couple of things that will help no matter what program you are on:

- Toilets at camps are private but often don't have lights so a head torch will make things easier for you.
- It is very important to remember that you cannot dispose of your products into the camp toilets. Make sure you have your products and toilet paper. **The Rocket** will be accessible with freezer bags, paper bags and hand sanitiser for waste so you can dispose of items appropriately.
- Have a small waterproof bag that you can use to have products available to you. This might live in the top pocket on the outside of your pack or somewhere easy to get to.
- Make sure to change your products regularly.
- All camps will have hand washing stations set up, but **The Rocket** does also include hand sanitiser too.
- Bring a washer; if you need a freshen up, sometimes a washer can assist with a bit of a *bird bath* when there is time.

**Drop Toilets:** Year 7 and Year 8 programs will have access to drop toilets at some point during the program. However, all products you take in will need to also be brought out. The Outdoor Education staff will help you regarding disposal and waste management, with the support and use of **The Rocket**. Only toilet paper can be disposed of in any drop toilets, nothing else.

**Bush Toilets:** Most of our programs are bush-based. This means part of the afternoon routine at camp will be digging a toilet hole for the group, it is not something to fear. It is still organised to be safe and private but ask if you have any questions. Again, the Outdoor Education staff will help you regarding disposal and waste management, with the support and use of **The Rocket**. As per drop toilets, only toilet paper can be disposed of in the bush toilets.

**Water Activities:** Some programs have the opportunity to swim or require being in the water as part of the journey. Having your period doesn't stop participating in the activities and you shouldn't hesitate to talk to staff if you have any questions on how best to manage your period during that activity.

**A Message to Students:**

Periods should never stop you from participating in life's adventures! We are here to make sure you can take part in all the fun and challenges Outdoor Education programs have to offer. If you're feeling unsure, need extra help, or just want to ask questions, please don't hesitate to speak with a trusted adult on camp or come and see the Outdoor Education department staff.

**A Final Note to Families:**

Please let us know if your child has specific concerns or needs additional support related to their period. This will help us provide the best possible experience for them.

We are committed to fostering a positive and inclusive environment where all students feel prepared, supported, and ready to take on the challenges and joys of outdoor adventures.

If you have any questions or would like to discuss this further, please don't hesitate to reach out.

Kind regards,

Emma Shearer  
Head of Outdoor Education

# Packing List for Students

## Menstrual Hygiene Packing Essentials:

### 1. Menstrual Products:

- Pads, tampons, menstrual cups, or preferred product. Bring plenty even if you don't think you are meant to get your period.

### 2. Hygiene Supplies:

- A clean face washer or cloth (optional, for washing).
- Hand sanitizer (small bottle).

### 3. Waste Management (*this is provided but you may include as part of your own kit*):

- Nappy bags (biodegradable preferable) for soiled items.
- Brown paper bags for discreet waste storage/disposal.
- Large zip-lock or bin bags for consolidated personal waste.

### 4. Other Useful Items:

- Small towel or preferably a small tarp (tea towel size)
- Portable water bottle for cleaning or rinsing.
- Spare underwear (several pairs).
- Lightweight menstrual underwear as backup (optional).
- Pain relief – Given to staff
- Nalgene water bottle to make a hot water bottle. Must be Nalgene branded bottle for safety.

# How to go about managing a bush period.

## 1. Be Prepared:

- Before heading to the toilet area, make sure you bring everything you'll need. This includes your menstrual products, and possibly some of the other items on the packing list on the above page.

## 2. Set Up Your Space:

- When you're in the toilet area be that the bush or a toilet facility, lay out a small towel or piece of tarp on the ground or a clean surface. This is where you can keep your items clean and within reach.

## 3. Clean Yourself First:

- Use a face washer with water to clean your hands and the area around your vagina. This helps you stay fresh and prevents any infections.
- Set the face washer aside to wash later.

## 4. Changing Your Product:

- Remove your used product carefully, wrap it in toilet paper, and place it into a freezer bag immediately.
- If you're changing more than one product, repeat this process.

## 5. Final Clean-Up:

- Once you've changed your product, do a final wipe or clean to make sure you feel comfortable.

## 6. Secure Your Waste:

- Place all used products, and any packaging into a freezer bag. Squeeze out any air, tie it tightly, and then place it into a brown paper bag.
- Put the paper bag inside the lined Rocket to keep everything contained and secure.

## 7. Carry and Dispose:

- There may be times where you'll feel more comfortable carrying your waste until you get to camp to put into *The Rocket*. If that could be the case, make sure to bring zip-lock bags tightly seal before putting in your bag.
- This will keep everything hygienic and discreet until we reach a place where it can be properly disposed of it.
- If we are at camp already, pop it in *The Rocket*.

## Why We Do It This Way:

By using the nappy bag first, we ensure no leaks from wet soiled products into the paper bag. This keeps everything clean, odour-free, and contained, even if the main rubbish bag gets damaged.

We also follow a "leave no trace" approach, which means we're respecting nature and leaving the environment as we found it. Please don't bury products or put any products in the drop toilet.

## Practice - Disposal



### Pads:

- Easy to use
- Disposal challenges
- Common for younger ages
- Less invasive
- Supports hygiene for squat wees
- Overnight pads vs. daytime vs. liners
- Not great for water activities



### Reusable Cloth Pads:

Eco-friendly and cost-effective, these washable cloth pads are made from natural, unbleached cotton.

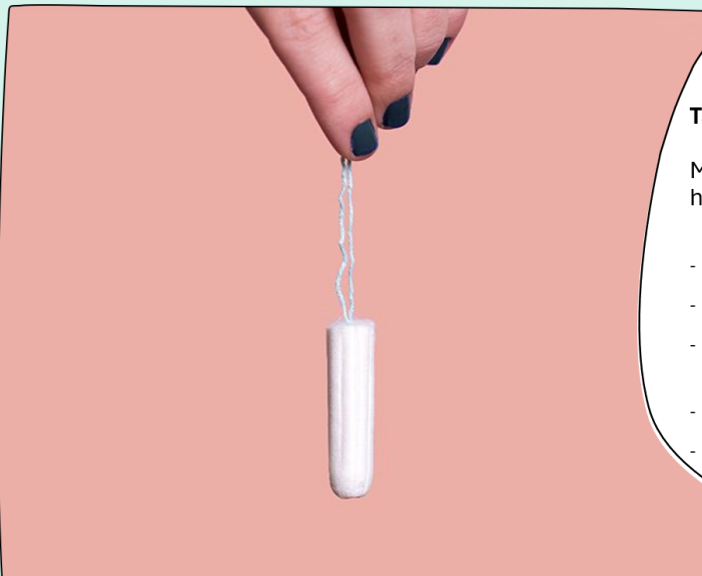
- Easy to use
- Disposal challenges
- Less invasive
- Supports hygiene for squat wees
- Not great for water activities

### Period Undies:

These genius undies have a built-in liner that absorbs blood.

Super convenient!

- Easy to use
- Need to be packed and managed properly if soiled
- Good for lighter days of period



### Tampons:

Made of soft cotton and come with a handy string for easy removal.

- Easy to use
- Regular changing
- A good option for water-based activities
- Different sizes
- Requires good hygiene



### Applicator Tampons:

These tampons come with a plastic or cardboard applicator for smoother insertion.

- Intimidating to use sometimes
- Supports managing hygiene
- Great for water-based activities
- Comes with greater amounts of packaging



### **Menstrual Cups:**

Made of silicone, these cups fit inside your vagina to collect menstrual flow. They can stay in for up to 8 hours and are perfect for sports, including swimming.

- Can be a challenge to use
- Like poo, dig a hole and dispose of content
- Great for activities
- Not always preferred in younger students
- Can stay in longer
- Clean water - Cups need to be cleaned